

## HRG Memorandum 15-23



Commonwealth of Kentucky  
Personnel Cabinet  
Department of Employee Insurance  
2<sup>nd</sup> Floor, State Office Building  
501 High Street  
Frankfort, Kentucky 40601

Website [kehpn.ky.gov](http://kehpn.ky.gov)

**To: KEHP HR Generalists (HRGs)**  
**From: Department of Employee Insurance (DEI)**  
**Re: Do you have your teams for the 15 Day Dash?**  
**Date: September 10, 2015**

**Don't wait until the last minute to register for the 15 Day Dash.**

As of September 9<sup>th</sup>, there are nearly 8,000 KEHP members registered and over 900 teams.

Registration is open now through September 14, and steps start counting September 15.

### Reminders

- When you create a team, please include your state agency, department, or school board name in the team name (10-50 members per team).  
  
Example: "Personnel Cabinet Dashers." This is the only way we can identify teams and award prizes!
- Your pedometer or fitness device must be synced with HumanaVitality. If your device doesn't automatically upload your steps, be sure to upload them periodically throughout the challenge. (Note: steps can take 24-48 hours to sync from your device platform to HumanaVitality.)
- Follow the action on the challenge "leaderboard" at [humana.com](http://humana.com) or on the HumanaVitality mobile app.

Visit [LivingWell.ky.gov](http://LivingWell.ky.gov) for more details and to join the conversation.

The Dash ends Sept. 30. Be sure to do a final upload of your steps by Oct. 1.

